

REAL SIMPLE

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Pit Stop: The Basics of Sweat

You have two types of sweat glands under your arms: eccrine, which produce sweat that's clear and watery; and apocrine, which secrete a clear, thicker variety. Both kinds of perspiration are, by themselves, odorless. It's only when they combine with the bacteria on skin that they turn fragrant. To combat sweat and odor, you may need a deodorant, an antiperspirant, or a combination of both. For maximum effectiveness, use a solid or a roll-on, and avoid aerosol sprays. "You get a direct, targeted application with the ones you rub on," says Harold Brody, a clinical professor of dermatology and dermasurgery at Emory University School of Medicine, in Atlanta.

Deodorants

There are two ways deodorants can keep you out of the ripeness zone. "They have an antiseptic agent that kills the odor-causing bacteria, and they mask body odor with fragrance," says Roger I. Ceilley, a clinical professor of dermatology at the University of Iowa, in Iowa City. If you have sensitive skin, opt for a fragrance-free deodorant, says Jeffrey Gunter, a Santa Monica-based dermatologist. Below, the sweat team's top choices.



LONGEST LASTING

Tom's of Maine Long-Lasting Deodorant Stick, \$5.50 for 2.25 ounces

This deodorant has a triple arsenal: zinc ricinoleate, which traps and absorbs sweat molecules; zinc citrate, a mineral with odor-fighting properties; and encapsulated fragrance oils. "It was still going strong as I went to bed," raved one tester. "I love that it went on clear—no streaks or flakes," added fitness instructor Stacey Lei Krauss.

TO BUY: www.drugstore.com.



BEST FOR SENSITIVE SKIN

Nature's Gate Organics Fruit Blend Deodorant, \$5.50 for 1.7 ounces

The curved surface of this hypoallergenic deodorant makes for easy application. The formula contains plant extracts, essential oils, and baking soda to absorb odor naturally. "Very soothing post-shaving," said one tester with delicate underarms. "Smooth, comfortable to put on, and no mess," said yoga instructor Dana Sara. "I smelled clean and feminine."

TO BUY: www.levlad.com.

The Sweat Band

Joining a determined crew of *Real Simple* staff testers were these four women, all with demanding, high-octane jobs.

Stacey Lei Krauss, 35, a fitness instructor at Equinox in San Francisco Krauss, who often teaches back-to-back "willPower & grace" classes (barefoot workouts that combine dance, calisthenics, and yoga), is concerned about odor more than moisture. "It would be tough to keep an exercise room filled if I were stinking it up," she says. Her dream deodorant: "One with a gentle scent and without that white residue—many 'invisible' ones do leave streaks on clothes." On her busiest days, Krauss even puts deodorant on her feet.

Dana Sara, 36, a yoga instructor in Jackson Hole, Wyoming

Sara prefers natural deodorants to artificial ones, but they must be effective enough to keep up with her physically active schedule. "I teach classes in the morning, go snowboarding during the day, and have private sessions all evening," she says. "It's important to show up fresh and professional for clients, who expect a lot."

Krista Saunders, 26, an elementary-school teacher in Brooklyn

A self-described "incessant sweater," Saunders reapplies her usual antiperspirant-deodorant at least twice during her busy day to prevent wetness. "All day long, I'm either scolding, singing, or playing charades, trying to educate and entertain 14 to 17 students," she says. Saunders has even resorted to men's deodorants because she believed they were stronger (they aren't).

Leslie Warfield, 36, an air-traffic controller at Washington Dulles International Airport in Dulles, Virginia

Warfield's high-stress job at the country's fifth-busiest airport, 12 miles east of the nation's capital, demands coolness in every sense of the word. "At any given time, I'm responsible for telling 20 to 25 planes full of people what, how, and when to do everything," she says. "A great antiperspirant-deodorant can help me concentrate and keep the safest skies in the world clear."

tip

You can leave the house without having your black blouse look like a badly erased chalkboard. Rub *Miss Oops* (\$9.50 for a packet of two, www.missoops.com) on deodorant marks and the reusable dry sponge will eliminate the stains from any fabric—even delicate silk.